SAPTAMANA CASUTA CU POVESTI 16-20.03.2026	ORA	DENUMIRE PRODUS	GRAMAJ	CONTINUT, produsele marcate cu *contin alergeni
LUNI	dimineata 08.30	**CEREALE CU LAPTE**	50+200 ml	cereale *porumb, cereale cacao,* ***lapte***
	pranz 12.00-13.00	**CIORBA DE VITA**	260ml/20g	ceapa, ardei , morcov , pastarnac, ***telina,*** *carne vita,bors,pasta tomate, leustean, orez*
		MAMALIGA CU BRANZA SI SMANTANA	150 g+80g	malai, **ou, smantana, *branza dulce, *branza telemea, *unt**
		PAINE	15g	***gluten**
	gustare 16.00	**BRANZOAICA**	70g	***lactoza, *gluten**
MARTI	dimineata 08.30	**OMLETA, betisoare legume, PAINE**	35 g, 20g, 20g	***ou, *paine**, *legume*
	pranz 12.00-13.00	**SUPA TAITEI SI CRUTOANE**	260 ml	ceapa, ardei , morcov , pastarnac, ***telina** , ***paste fainoase, patrunjel, *ou, gris***
		PILAF CU PUI LA GRATAR	180 g+70g	*orez*, ficacior, pui
		PAINE	15g	***gluten**
	gustare 16.00	**FRUCT**	1 buc	
MIERCURI	dimineata 08.30	**CEAI DE FRUCTE CU LAMAIE**	200 ml	
		TARTINE CU UNT SI PATEU, betisoare legume, ou prepelita	20 g+12G+20G	ficat, ***unt,** *paine*
	Ora 10	**FRUCT**	1buc	
	pranz 12.00-13.00	**SUPA FIDEA SI CRUTOANE CU CURCAN**	260 ml/20g	ceapa, ardei , morcov , pastarnac, ***telina** , ***paste fainoase, patrunjel, *ou,***
		Cascaval pane, cartofi la cuptor, salata varza	150 g+70g, 20g	cascaval, cartofi, varza
		PAINE	15g	***gluten**
	gustare 16.00	**IAURT**	140g	***lactoza**
JOI	dimineata 08.30	**CEAI DE FRUCTE CU LAMAIE**	200 ml	
		TARTINE CU BRANZICA, betisoare legume	20g+12g+20g	*branza. *unt, *paine, legume
	Ora 10	**FRUCT**	140g	
	pranz 12.00-13.00	**CIORBA DE LEGUME DREASA CU OU**	260 ml	ceapa, ***ou,** *ardei , morcov , pastarnac,* ***telina** *, cartofi,dovlecei, mazare, pastai fasole verde, bors, pasta tomate,leustean*
		PASTE BOLOGNESE CU PUI LA CUPTOR	180 g+70g	Paste fainoase***Gluten** , PUI,
		PAINE	15g	***gluten**
	gustare 16.00	**PANDISPAN CU FRUCTE**	50g	***lactoza, *gluten, *ou**
VINERI	dimineata 08.30	**LAPTE CU TARTINE CU UNT SI GEM**	200 ml,20g+12G+10G	*paine, *unt, gem, ***lapte**
	pranz 12.00-13.00	**CIORBA DE LEGUME CU PUI**	260ml/20g	ceapa, ardei , morcov , pastarnac, * *telina , bors, pasta,* tomate, orez, piept de pui, leustean
		CARTOFI LA CUPTOR si GUJOANE PUI	1780+ 70 g	cartofi ***branza telemea vaca, *branza dulce, *oua, *smantana**
		PAINE	15g	***gluten**
	gustare 16.00	**FRUCT**	1 buc	

LISTA ALERGENI: • Oua • Lapte • Peste • Nuci, arahide, migdale, alune • Seminte de susan • Cereale care contin gluten (grau, secara, orz, ovaz sau hibride) • Telina

ADMINISTRATOR, IONESCU NICOLAE ANDI

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